

Chicken with Fruit and Veggie Stuffing

Recipe By *Brynie Greisman*



Cooking and Prep: 
2.5 h

Serves:  6

No Allergens

Preference: Meat

Difficulty: Medium

Source: Family Table by
Mishpacha Magazine

This chicken recipe smacks of fall with its caramelized stuffing and superb sweet/ savory seasoning. It's really a meal-in-one that will be enjoyed by all.

Ingredients (14)

Stuffing

- 1/2 teaspoon salt
- 1 full teaspoon cinnamon
- 1/2 tablespoon brown sugar
- 1 tablespoon **Gefen Olive Oil**
- 1 sweet potato, peeled and chopped
- 1 Pink Lady apple, unpeeled and chopped

- 1 pear, unpeeled and chopped
- 1 zucchini, peeled and chopped

Chicken

- 6 chicken quarters, cut into eighths
 - 6 tablespoons honey mustard (preferably Dijon like [Reine de Dijon Mustard with Honey](#)) for spreading
 - 1 teaspoon [Gefen Olive Oil](#)
 - 1 and 1/2 tablespoons [Heaven & Earth Ketchup](#)
 - 1/4 teaspoon garlic powder
 - 1/2 teaspoon paprika (I use paprika in oil)
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Start Cooking

Prepare the Stuffing

1. Heat olive oil in a large frying pan. Add veggies, fruit, and seasoning and stir to coat. Sauté uncovered for 15 minutes, until mixture looks caramelized. Stir occasionally. Cover for two minutes to steam and soften veggies/fruit more.

Stuff and Bake the Chicken

1. Preheat oven to 350 degrees Fahrenheit and line a baking pan with Gefen Easy Baking Parchment Paper.
2. Smear about one tablespoon of honey mustard on each piece of chicken, under the skin. Place stuffing on the honey mustard layer and cover well with skin to hold in place. Place the stuffed chicken in the pan. You can scatter leftover stuffing around the chicken.
3. Combine olive oil, ketchup, garlic powder, and paprika in a small bowl. Smear evenly over chicken pieces.
4. Cover with a piece of parchment paper and then aluminum foil. Bake for one and a half hours covered and half an hour uncovered. Leave covered on the counter until ready to serve.

Note:

Freezes well. Defrost the chicken in the fridge overnight or on the counter. Reheat and serve.

Credits

Photography: Hudi Greenberger

Food Styling: Janine Kalesis